

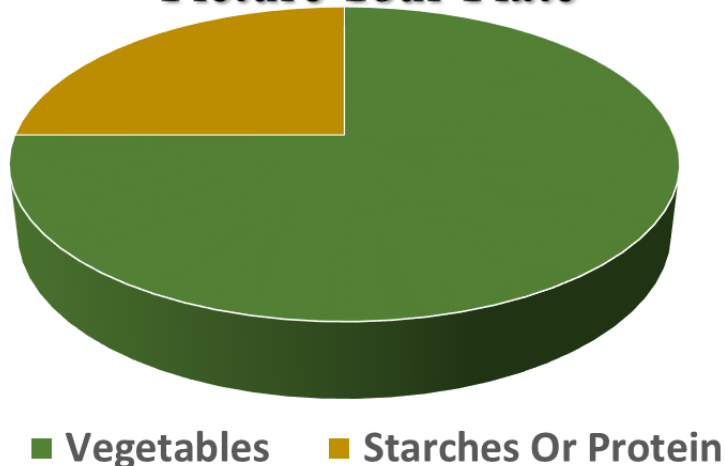
# Eating By Design for a Human Being

*“As we eat foods that nourish our blood, our whole body is strengthened.”*

## Our blood is made up of:

- ◆ **75% FUEL & BUILDING MATERIALS** (for building new cells and producing energy)
- ◆ **25% WASTES** (used-up building materials)

### Picture Your Plate



**Fill 75% of Your Plate with Any Combination of:**

Salad  
Cooked Vegetables  
Vegetable Soup  
Stir-fry Veggies  
Vegetable Casseroles  
Etc.

And Fruit

(vegetables and fruits don't result in very much waste)

### Fill 25% of your plate with a Starch OR Protein

#### HIGH STARCHES/CARBS

Cereals  
Grains  
Bread  
Pasta  
White Potatoes  
Most Desserts & Sweets

#### PROTEINS

Meat  
Poultry  
Fish  
Eggs  
Dairy

#### VEGETABLE-SOURCE PROTEINS

Beans  
Seeds  
Nuts

(Starches and proteins are waste-producing;  
they can result in destructive wastes when eaten in excess)

*This is a mild cleansing diet. Clean the blood, clean the body.*

**Starches and Proteins are best eaten at different meals.  
For instance, meat at lunch, and starch for supper**

**Here is a daily menu that feeds our blood:**

- ◆ 6 Vegetables - use a variety of colors
- ◆ 2 Fruits - use a variety of colors
- ◆ 1 Starch Meal (25% of Meal)
- ◆ 1 Protein Meal (25% of Meal)

**IN OTHER WORDS: Six times more vegetables daily than starches or proteins.**

Starches are best if made from whole grains. For example, brown rice instead of white rice, whole wheat bread instead of white bread, whole grain pastas instead of white flour pastas, etc.

**FOR OUR VEGETARIAN/VEGAN FRIENDS**

**These combinations contain ALL  
“essential” Amino Acids needed to form proteins:**

**A whole grain with beans, or seeds or nuts**

For example:

- ◆ Brown Rice with Adzuki Beans
- ◆ Quinoa with Chopped Almonds
- ◆ Steel Cut Oats with Sunflower Seeds

\*This sheet created to go along with this blog: <https://livingradiance.com/blog/im-a-human-how-should-i-eat/>

For more information on many other nutritious topics, visit our blog here:

<https://livingradiance.com/blog/>



**LIVING RADIANCE**

3954 Pine Grove Ave, Fort Gratiot Township, MI 48059

(810) 984-2929 | [www.livingradiance.com](http://www.livingradiance.com)